

# Men's Fitness Evan Longoria Eight-Week Training Plan - Week 8

EXERCISE DAY & NAME	SET 1 WT & REPS	SET 2 WT & REPS	SET 3 WT & REPS	SET 4 WT & REPS
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## MONDAY

**WARM-UP:** MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM

**CONDITIONING:** BASES PROGRAM

**CORE PROGRAM AS OUTLINED**

*SQUAT	___ X 5	___ X 5	___ X 5	___ X 5
STEP-UP	___ X 15	___ X 15		
DB STRAIGHT LEG SINGLE ARM ROW OR DB ROW	___ X 10	___ X 10	___ X 10	
*DB BENCH	___ X 15	___ X 15		

**CORRECTIVE EXERCISE PROGRAM AS OUTLINED**

**FOREARM PROGRAM**

## WEDNESDAY

**WARM-UP:** MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM

**CONDITIONING:** MINI-POLES X 10  
10 X 10 YD STARTS

**CORE PROGRAM AS OUTLINED**

*LUNGE	___ X 5	___ X 5	___ X 5	___ X 5
BW SINGLE LEG SQUAT	___ X 15	___ X 15		
DB STRAIGHT LEG SINGLE ARM ROW OR DB ROW	___ X 10	___ X 10	___ X 10	
*DB INCLINE BENCH	___ X 15	___ X 15		

**CORRECTIVE EXERCISE PROGRAM AS OUTLINED**

**FOREARM PROGRAM**

## FRIDAY

**WARM-UP:** MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM

**CONDITIONING:** BASES PROGRAM

**CORE PROGRAM AS OUTLINED**

**BODY WEIGHT LEG ROUTINE**

SINGLE LEG SQUAT /	X 10 EACH LEG		
SQUAT / CHEST PASS	X 20		
FEET TOGETHER SQUAT	X 20		
WALKING LUNGE / TWIST	X 10 EACH LEG		
SIDE LUNGE	X 10 EACH LEG		
STEP-UP /			
TWIST	X 10 EACH LEG		
CROSSOVER STEP-UP	X 10 EACH LEG		
SINGLE LEG PICKUP	X 10 EACH LEG		
WALL SITS	1 MIN / 1MIN		

**X 3 SETS**

**3 MIN REST BETWEEN SETS**

PUSH-UP / CHIN-UP SUPERSET	X MAX	X MAX	X MAX
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